



Niya Christine

*"Flying Kitchen Stove / Coffee Bean dancers" by Niya Christine*

## Creative Space Design - Part 3

### **My Native American name is "Butt-in-Chair"**

#### *Setting up to sit down*

by Niya Christine

Steven Pressfield is absolutely right. When it comes to sitting down to apply letters to the page, or color to paper or a system to the new entrepreneurial venture {or fill in the blank}, the butt simply wanders away from that chair -- it's an all out war. My butt tends to wander into the kitchen to do all my dishes by hand {a task I generally distaste as much as going to the dentist}. And as I'm doing so, my mind easily goes to hot air balloons with old fashioned stoves and dancing coffee beans attached. Not a bad place to go for an artist. But notice how far away from earth they are. And I wonder how long it might take before I am sitting at the studio table to render the scene and muse over it's possibilities?

We aren't bad people trying to sabotage our dreams. We are habit-ized people with our priorities for survival in tact, right? Yes, right. I believe this completely. It's not the whole of how we have strategized to work our life into a functional and good place to be. It's the in between spaces I think about as I consider the nature of resistance. The inflated time the internet, TV and other distractions. This is where props come in -- the design of

your pocket of heaven in the home. This works outside the home as well. We all have too much to do everyday. But one thing we've been doing years and years is taking care of business. I think it's safe to say we are pretty good at it. In fact, you can likely do it in your sleep.

What is unfamiliar is creating a vision of success for something new that we are itchy to do. Here is a list of guidelines that could help get your butt in the chair and begin the work of a new familiar pattern that you will love:

1. **If you haven't done so - establish your vision.**

Mine currently is to have an exhibit of the 365 paintings with the printed book at the reception by Fall 2014. Write it down and put it where you can see it in your designated space. This will help your brain quite a bit.

2. **Claim your space.** Whether you are writing from 7-8 a.m. from the extra bathroom in the house, or have an office/studio in the house or garage... if it's being used for several purposes, choose one purpose, one hour, and some square footage of the space to grow your vision.

3. **Visual props.** This has been the most powerful for me. I stage my goals. If it's the exhibit and I have 6 galleries in mind, I will print out how this gallery looks, the owner's name and all the cool things I like about it

and create a visual storyboard for the goal. I will get some fresh flowers and clean the space. Turn off all distractions and make my favorite tea or coffee. When I sit down to consider my letter to the owner, I'm going in, not just as an artist interested in exhibiting there, but as an appreciator and partner with the 'feeling' of the goal in mind. I change the stage for every goal.

No matter what you itch and vision is, by staging it visually you inhabit the feeling tone of the end goal. You discourage negativity and you are literary making dreams come true. And you've beat resistance for one more day. And that's worth everything. New habits require more deliberation. Have fun with it. You're dreams are worth it. You are worth it!

